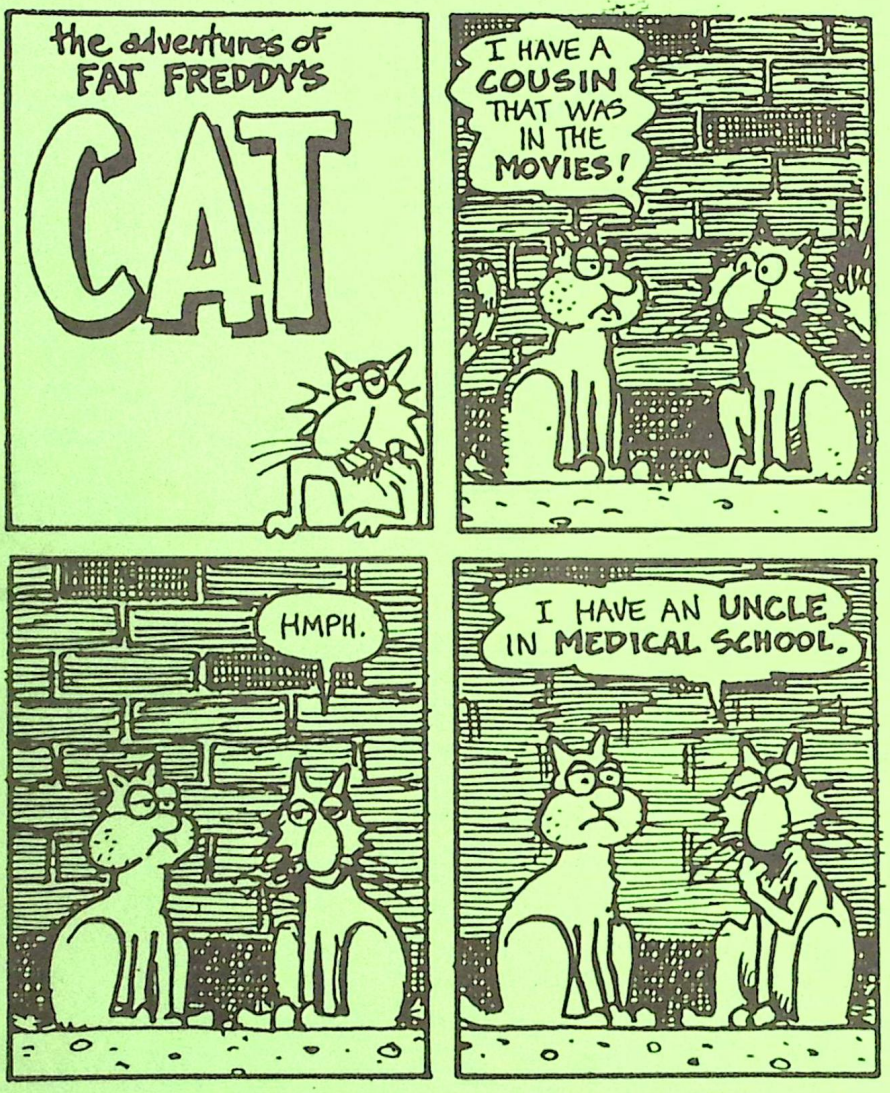
T/SOR/49/1/32

VEGAN ACTION NEWS

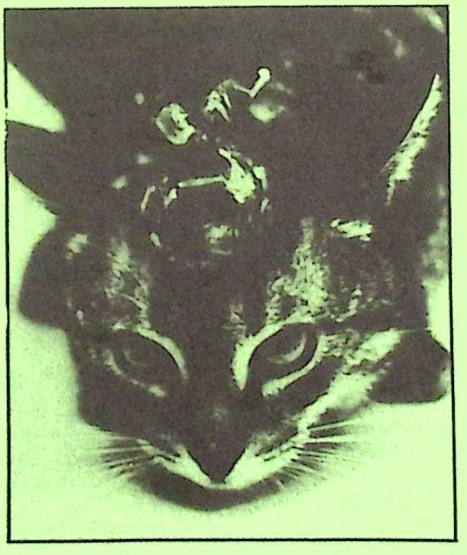
No. TWO


the adventures of FAT FREDDY'S
CAT
I HAVE A COUSIN THAT WAS IN THE MOVIES!
HMPH.
I HAVE AN UNCLE IN MEDICAL SCHOOL.
GEE, THAT'S PRETTY IMPRESSIVE!
I'M NOT GONNA SAY WHAT THEY'RE DOING WITH MY UNCLE IN MEDICAL SCHOOL...

FREE COPY

SUMMER '88

VEGAN ACTION GROUP



VEGAN ACTION GROUP

What We're All About....

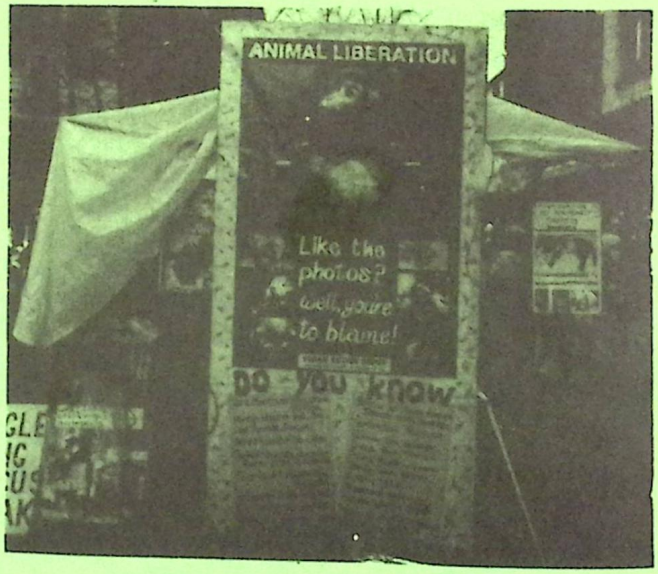
The Vegan Action Group was formed about three years ago by people who felt there was a need for a general animal rights group in Glasgow,The VAG was and still is made up of people from varying backgrounds and age groups.The group workload and organisation is not 'handed out'in accordance with age or sex,etc,but taken on by preference, co-operation,and most of all,dedication.We have no paid staff and are run entirely on voluntary donations.
No one is in charge; we meet fortnightly to organise what is to be done and by whom:everyone has an equal say at group meetings.
It is our belief that animal and humar liberation will be won by educating the public.
To do this we have information stalls in the city centre precincts,displays in libraries and regular demonstrations outside burgerbars and fur shops.
We now produce various educational leaflets which are under constant review.
The VAG has a 'Supporters Group' for those who don't wish to or cannot become involved in group activities.Support Group members recieve regular newsletters and up-to-date leaflets.
We hope you will read the magazine.
Feel free to comment-all letters are more than welcome.
Remember-things only change if you make them...

If you would like to come to our meetings this is a list of the dates for the next couple of months.Feel free to come and talk (or listen).Anyone with a concern for animals is very welcome!
All the meetings start at 7.30.pm.

4 .7 .88.
18.7 .88.
1 .8 .88.
15.8 .88.
29.8 .88.
12.9 .88.
26.9 .88.

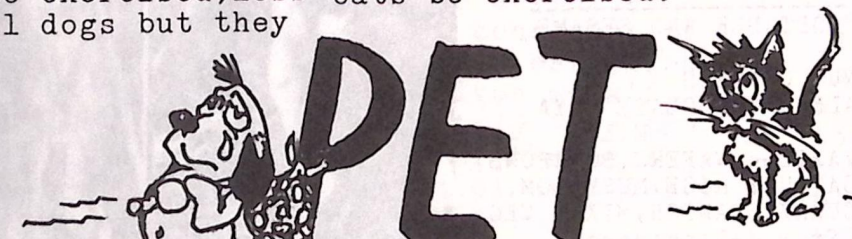
Hope to see you!

OUR INFORMATION STALL...



Are you happy to live your life knowing that all over the world people are being persecuted and the planet destroyed? One day perhaps you'll wish you stood up and spoke out while there was still a chance for change.Remember. what happens in South Africa,the rain forests,Northern Ireland,abbatoirs, Iran,deep in the oceans, South America,in the upper limits of the atmosphere,all affects us in the end.There is no freedom for anyone until every creature is free to live out its natural life.

PET HORROR!



ABANDONED AT BIRTH with a cloudy future, this is the story of hundreds of thousands of cats & dogs Each year millions of animals are taken to city pounds, with no future ahead of them. They are kept for a week and then 'disposed of'-a nice expression for a painful death. Abandoned animals are also taken to local pet shops where they may be abused in some way or other; they may have a cage big enough for them to turn around in but the average human being could turn around in a broom cupboard: this does not make it moral to take a few weeks old pup from its mother and enclose it in a cage or hutch, with straw as bedding. One shop in Glasgow has recently admitted that they do not exercise their dogs as they are so small they dont need it. However, the P.D.S.A. recommends that all dogs should be exercised; less for small dogs but they all need some.

So why are people who appear to have little knowledge of animals and their needs, been given licences to sell them..? Simple..money! People are too busy trying to keep their shop going financially-they do not bother to fully look into animals andtheir needs. The rules governing pet shops are inadequate for the animals welfare. Under Pet Animal Act '51 it states that animals will be kept in accomodation suitable as to respect of size....what is suitable? Anybody who has a dog knows that they can cover a lot of ground everyday, so a small field is suitable, if you want to be as kind to the animal as possible. Pet shops haven't the space or the money to do this, so the animals must suffer. No part of the Act1951 requires all dogs and cats be exercised.

THE FOLLOWING ADDRESSES MAY BE OF USE IF YOU NEED HELP WITH SOME ASPECT OF YOUR PETS CARE-

CAT PROTECTION LEAGUE.

(no premises just now) Tel. 8841170. Can help rehome unwanted cats, may help pay for neutering & spaying.

DOG RESCUE: VICTORIA BUILDINGS, VIOLET ST PAISLEY

DOG RESCUE, 1032 Cathcart Rd, Mount Florida, Glas.

will help rehome unwanted dogs, and may help with the cost of spaying and neutering.

VETERINARY SURGEON, MCKEE JOHN JUSTIN.

334 Langside Rd Glasgow 424 4117 &617 Kilmarnock Rd, Glas. 633 1893. Has 'trust fund' to help with cost of spaying, neutering and vaccinating cats

---

IF YOU ARE THINKING OF ADOPTING A PET PLEASE DO NOT BUY ONE FROM A PET SHOP! THERE ARE MANY ANIMAL HOMES AND SANCTUARIES IN GLASGOW WHERE YOU CAN ADOPT AN ANIMAL THAT MAY OTHERWISE BE KILLED.....

DOG AND CAT HOME, CORKERHILL, GLAS-882 1688

MILTON ANIMAL WELFARE CENTRE, MILTON VILLAGE DUMBARTON.-Dum.61208

BOTHELL A.W.CENTRE,- BOTHELL BRIDGE, HAMILTON,- 0698 281128

CARDONALD CAT & DOG HOME, KINNAL AVE., CARDONALD, GLAS. 882 1688.

==========

LETHAL CHAMBER

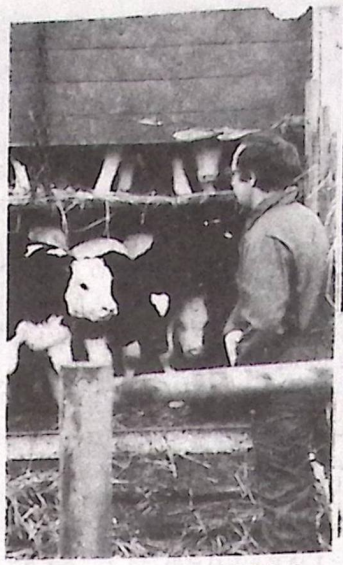
Each year thousands of defenceless animals are murdered in the 'lethal chamber'. Electrocution is the method used. It can take up to 4 attempts to kill the animal. Evidently this is far from the 'humane' death we are led to accept. This method is used by Cardonald Cat & Dog Home.....

PREVENTION

Prevention is better than cure, and as we have no cure for the 1000's of unwanted animals, we are left with prevention. Spaying or neutering your cat or dog is an effective (theonly) way of preventing unwanted babies, many of whom will end their lives like the dog in the picture.

WE KILL 2,000 DOGS EVERY DAY IN GREAT BRITAIN
... far more than the total number of seal pups culled annually

BY THE TIME YOU'VE FINISHED READING THIS HEADLINE 520 ANIMALS HAVE BEEN SLAUGHTERED FOR FOOD



"There are laws, regulations and inspectors...."
"We're supposed to be a nation of animal lovers - surely they don't let the animals suffer?"
"Aren't they put to sleep like pets?"

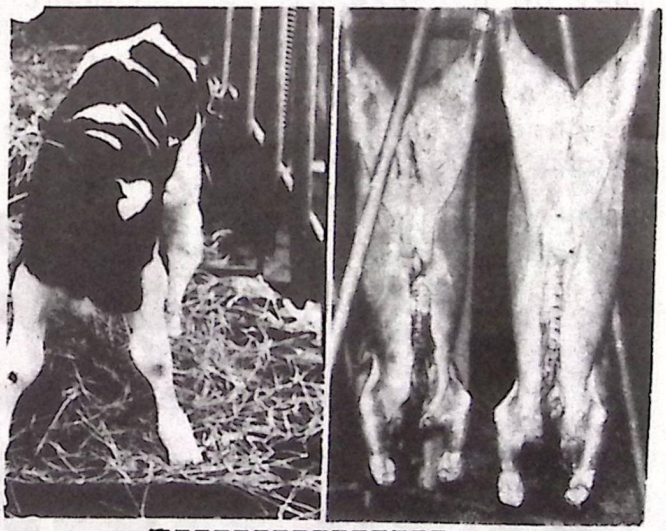
Well, no.
Conditions in slaughterhouses are bloody and barbaric. Why not visit your local slaughterhouse to see how your Sunday roast ended its life? Don't fancy it? It's something most people would rather not think about. If it worries you, think instead about the alternative - a meat free diet. It's healthy, cheap and humane.

By now, a further 1,500 animals are dead.....or dying.

MEAT

THEY HANG THERE FROM A HOOK,
LIFELESS, WAITING TO BE COOKED,
LARGE SOFT EYES,
ONCE LOOKED UPON A CALF.
HUNGRY MOUTHS,
AT A TABLE, LOOK DOWN AND LAUGH.
BELLY'S FULL
PRAISE TO THE CHEF.
NOT A MORSEL TO BE LEFT.

R.Manna.



IF YOU WOULD LIKE TO TRY SOME VEGGIE FOOD WE'D RECOMMEND THE FOLLOWING .....

From Health food stores.
SOSMIA-veggie sausage.
VEGGIEBURGERS-vegetable burgers.
GRANOSE VEGETABLE PATES-mushroom especially!
TOFU BURGERS-burgers made from 'tofu' and veg. Tofu is a curd, made from soya.
FLAVOURED SOYA MILKS-strawberry, chocolate, banana, cocnut and carob 'soya milk shakes'.
ALL HEALTH FOOD STORES HAVE A SELECTION OF READY MADE 'CARRYOUT' FOOD ie. Samoza, lentil bake, nut crunchies....

VEGETABLE AND SESAME CUTLETS.
NUT CUTLETS
ALPRO CHOCOLATE SOYA MILK.
VANILLA WAFERS, BOURBONS.
SAVOURY RICE: MUSHROOM, CURRY, SPANISH, MIXED VEG (from delicatessen)
BHAJIA, CHINESE VEG.
SRING ROLL, WHOLEMEAL VEG SAMOSA.
These products are mainly sold in Safeways, but you can also buy them in many other supermarkets, grocers and hot from pizza shops. Safeways also produces a cheap vegan margarine- Low Fat Spread & Pure Veg Margerine.

TASTY ALTERNATIVES

NORMA'S NUT LOAF.

8oz mixed nuts (almond for special occasions.)
4oz breadcrumbs.
1 large onion.
2 oz margarine.
tsp vecon or marmite.

Dissolve vecon or marmite in ½ cup of warm water. Fry onion lightly, add to nuts and breadcrumbs. Add enough stock to make a loose mixture. Put into 1lb loaf tin and bahe at gas4 for 30 minutes, or until firm.

VEGETABLE PIZZA

Pizza bases can be bought ready made from all good supermarkets.
2 small or 1 large pizza base.
6-7 large mushrooms.
2-3 large tomatoes.
1 large onion.
small tin of sweetcorn.
vegetable fat.
tube or carton tomato puree,

Chop up the mushrooms, onion and tomato and fry with vegetable fat for 5 minutes Boil up sweetcorn. Spread tomato puree over pizza base. Mix sweetcorn with vegetables and spread onto the base. Grill until light brown and warm through (good with tomato sauce on top!)

McRip-off™

"McDONALDS"

McDollars™

The Big Mac has eventually made it into Scotland after being in existence for over 50 years and having burger bars all over the world Glasgow is probably one of the last major cities to open a McDonalds ;Inverness,Dundee (and soon Edinburgh)have had their shops in action for a few months now.At present Glasgow has about 10 burger bars in the city centre,and with Britains largest Wimpy and both McDonalds opening on Argyll St we've got just about as many burger bars as we have shoe shops.
But behind the golden arches of McDonalds lies the true reality of the junk food industry.

McRip-off™

McDonalds treat their workers like dirt and pay them a pittance. They have a tremendous turnover of staff due to the bad working conditions.One of their early day slogans was- "if you've got time to lean,you've got time to clean." Bang goes the tea break!

The whole beefburger industry is built on exploitation...The beef used in their burgers often comes from animals grazed on land that was once covered in dense forest.When the forest is cleared,after a few years of overgrazing the soil is washed away with the rain and these areas turn to desert.

McDisease™

As their mascot they have a happy smiling clown-they have even released a childrens album!with songs about burgers on it.Being in the money business they will do anything to rip off the consumers of today,and establish themselves as a'fun place to go' in the minds of the next generation of consumers... our children!
Because of McDonalds cunning advertising, most parents give in to children who want to go in and get a balloon,a badge, or laugh at the clown,even though the prices are extortionate for the junk being served.Once lured by the trinkets,children are being led down the pathto obesity, heart disease,cancer, and many more preventable illnesses.

McProfits™

The best word to sum them up would be corrupt.They dont care about anyone, anything except money and power. They depend on you to buy their junk and make them rich.The best way to show them that you dont like what they are doing is to stop buying their products-there are alternatives....
There are a few good health shops in Glasgow which sell snacks that are good for you and the animals.Forget the idea that healthy food is only for the well off and health conscious,if you care about the destruction of the planet, and what you put into your body then try healthy food.There are about 3 million vegetarians and 75,000 vegans in Britain today
You've got to fight for what you believe in , because just believing in something isn't enough!

*ref p.7

Barbara Kay

ANIMAL EXPERIMENTS YES OR NO

VIVISECTION

Vivisection is defined as 'experiments on living animals.' As history has shown, the human animal has also suffered at the hands of the vivisectors, in the concentration camps and today in in hospitals, the young and old and the mentally ill are used as human guinea pigs, as they can offer no resistance. Each year in this country millions of animals are tortured and killed in the dark halls of science-every 6 seconds another life is ended. Many different species are used, including, cats, mice, dogs, birds and horses: about 80% are given no anaesthetic to relieve the pain, and they suffer in agony until death brings release. There are various forms of vivisection. For example...

*shampoo or hairspray being dripped or sprayed into rabbits eyes-the Draize Eye Test.
*monkeys having their eyelids sewn together at birth-sight deprivation experiments.
*cats brains being implanted with electrodes-psychology experiments.

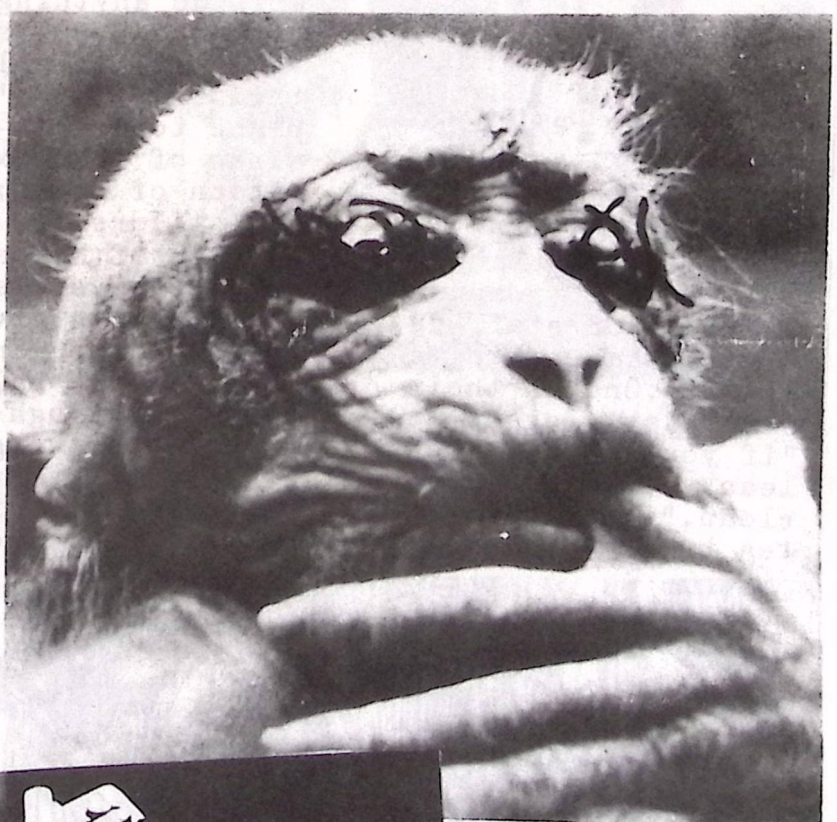
And now, almost unbelievably, head transplants.....

DRUG DISASTER

The use of animals in medical research is always cited as absolutely neccessary before drugs are made available to the general public. Yet many drugs, passed as safe after these tests have proven disasterous to humans, and drugs which adversely affect animals are used with success on people.

Despite the combined efforts of the anti-vivsection societies in Britain to influence thegovernment, an act has recently been passed which actually makes things worse than before for laboratory animals. So it is up to us as individuals to change things and rid ourselves of the evil of vivisection. We can try to avoid animal-tested products as much as possible; cruelty free toiletries and cosmetics are more readily available now than ever.

By eating healthy food and avoiding additives and preservatives we are on the right road for health. If we do need treatment however, there are many alternatives to consider rather than using drugs; think about herbalism, massage, homeopathy, accupressure. etc...



'BRITCHES' - rescued by American A.L.F. had eyes sewn together at birth.

VIVISECTION IN GLASGOW

GLASGOW is one of the most active centres of vivisection in Britain, just how active we dont know, due to the reluctance of the scientists to tell us what they are doing. One enquiry by an English woman who told the scientist in question that she hated cats, prompted him to reply that she would be glad to know that it was mainly cats he used!
The following examples are typical of work done in Glasgow....

*brain damage experiments on baboons,at Welcome Institute,University of Glasgow.

*U.S Army funded animal experiments involving radiation,in Zoology Dept.,Glas.Univ.

*experiments on greyhounds at Royal Infirmary.

*poisoning horses at Glasgow Vet. School.

Vivisection has a long and terrible past.

but by our own actions we can put it where it belongs-in the history books!

ARE YOU WANTING TO GIVE MONEY TO A MEDICAL CHARITY BUT DONT WANT YOUR MONEY TO BE SPENT ON VIVISECTION ? Here is a guide to which charities do, and which don't, fund animal experiments....

Humane Research Charities
Air Vice-Marshal the Lord Dowding Fund, 51 Harley Street, W1.
Dr Hadwen Trust, 46 Kings Road, Hitchin, Herts.
Quest for a Test for Cancer, Woodbury, Harlow Rd, Roydon, Essex.

Charities NOT FUNDING animal 'research'
Arthritis Assoc., Marie Curie Memorial Foundation for Cancer Research, Quest for a Test for Cancer, Back Pain Assoc., British Tinnitus Assoc., Irish Fund for Prevention of Blindness, MIND, Nat. Org. for Sickle Cell Anaemia Res., Nat. Soc. for Res. into Allergy, Rehabilitation and Medical Res. Trust, Royal Nat. Institute for the Deaf, Children's Res. Fund, Haemophilia Soc., Wates Foundation, Development Trust for the Young Disabled, Nat. Schizophrenia Fellowship, Dystrophic Epidermolysis Bullosa Res. Assoc., Bristol Cancer Help Centre.

Charities STILL FUNDING animal 'research'
Cancer Res. Campaign, Imperial Cancer Res. Fund, Tenovus Cancer Res. Fund, Yorks. Cancer Res. Fund, Asthma Res. Council, British Heart Foundation, Chest, Heart and Stroke Assoc., British Diabetic Assoc., Action Research for the Crippled Child, Nat. Fund for Research into Crippling Diseases, SPARKS (Sportsmen Pledged to Aid Res. into Crippling), Arthritis and Rheumatism Council, Cystic Fibrosis Res. Trust, Mental Health Found., Migraine Trust, Multiple Sclerosis Soc., Muscular Dystrophy Group, Age Research, British Digestive Found., Brain Res. Trust, Assoc. for Spina Bifida and Hydrocephalus, Lepra (British Leprosy Relief Assoc.), Leverhulme Trust, Mason Medical Res. Found., Nat. Kidney Res. Fund, Nuffield Found., Smith and Nephew Found., Spastics Soc., Wellcome Trust, Down's Syndrome Assoc., British Epilepsy Assoc., Friedrich's Ataxia Group, Found. for Study of Infant Deaths, Cot Deaths Res. and Support.

Charities NOT KNOWING whether they still fund animal 'research'
British Lung Foundation, Nat. Heart Research Fund, Thalassaemia Soc.

Information on Alternative Treatments
The treatments preferred by the Royal Family must be made better available to the public. The 'Catch 22' situation is that doctors receive government training grants only for those treatments which are not available under the NHS.
British Holistic Medical Assoc., 179 Gloucester Place, London W1
British Homoeopathic Assoc., 27A Devonshire St, London W1
British Naturopathic and Osteopathic Assoc., Frazer House, 6 Netherhall Gardens, London NW3.

FELINE

I protest without speech,
Though you wont hear me screech.
Fluffy pin cushion,
Without rights.
Fellow feline
In the night
Wander free
To see the sky,
Chase a mouse,
Thats passing by.

I do my bit for humanity
In doing so I loose my sanity,
No tender hands
Shall stroke
And fuss with love.
It's poke,jags,
And test tubes surround.
Within a container
I am bound.
Look in my eyes,I can feel
I had a mother,I am real.
White coatare near.
Times teases end
They take my blood
Have I no friend?

R.Manna.

Don't let your self-interest blind you to their suffering

BLINDED BY SCIENCE

Did you know that practically all cosmetics, toiletries and household cleaners are tested on animals? These tests are not only cruel but unnecessary and misleading. Animals are physically and behaviourally different to humans, the results of these cosmetic tests vary enormously even within the same laboratories. The purpose of these outdated tests is not to protect *you* the consumer, but to provide a legal safeguard to protect the companies wishing to market yet more possibly harmful chemicals.

Three tests are commonly used. They are:

THE DRAIZE EYE IRRITANCY TEST

In this test, the product, perhaps a shampoo or oven cleaner, is dripped into the eyes of conscious rabbits who are restrained in stocks. The subsequent struggle of the animal often results in spinal damage or dislocated joints. Rabbits are used because they have no tear ducts which would effectively wash out the irritants. Observations are made of damage to the eyes over a period of seven days and then the animals are 'sacrificed', a scientific term for killed.

THE LETHAL DOSE 50% TEST

Quantities of a product are fed to a group of animals, *eg* rats, guinea pigs, dogs or rabbits and the amount recorded that kills half of the said animals. Occasionally this takes only a few hours but, more often than not, animals are subjected to pain and suffering for many weeks. Animals are fully conscious throughout, and during this time are observed for vomitting, bleeding at the anus, fits and convulsions. All the animals are then 'sacrificed'. The products force-fed include: toothpaste, car oil, bleaches, paint, perfumes and hairspray.

SKIN IRRITANCY TESTS

Guinea pigs and rabbits are mainly used for this test which involves shaving patches of fur and scratching the skin with a needle. The test substance is then rubbed onto the skin. The area is then monitored for swelling, sores and discharge. The animals are then 'sacrificed'.

Not only the testing involves cruelty. The ingredients of most commercial toiletries and cosmetics have been obtained from the slaughterhouse, *ie* tallow, lanolin and animal bones. Many perfumes contain musk which is extracted from the scrotums of live musk deer.

Products like aerosols, toilet cleaners and hair dye pollute the atmosphere and rivers because of their high chemical content, thus killing even more animals and destroying *YOUR* environment.

One way to stop this unnecessary cruelty and suffering is to boycott tested products. If you are not sure about the products which you use, write to the manufacturer and ask them if they test on animals. If they do, there are always plenty of alternatives.

CRUELTY FREE SHOPS

The Hair Company. Savoy Centre, Sauchiehall Street, Glasgow. 64 Union Street, Glasgow. 1103 Pollokshaws Road, Glasgow.

Face Natural Cosmetics. Unit 40, Shawlands Arcade, Glasgow G41.

• **The Body Shop.** 42 Argyll Arcade, Glasgow G2. 211 Sauchiehall Street, Glasgow.

Razzle Dazzle. All city centre stores have two separate stocks of cruelty-free products - Barry M. Cosmetics and Montagne Jeunesse toiletries.

Farfalla Natural Beauty Shop. 337 Sauchiehall Street, Glasgow. Stock many different cruelty-free labels including Reform and Elizabeth Price.

Lace. 365 Dumbarton Road, Partick. Have a range of toiletries by 'East of Eden' and will be stocking a cruelty-free cosmetic range.

OXFAM. All shops have an inexpensive range of toiletries.Look in Yellow Pages under Charities for address

AVAILABLE IN CHEMISTS &SUPERMARKETS

YARDLEY.(some products may have been tested abroad.Perfumes use by-product of the furtrade and should be avoided.)
HENARA(henna hair care)Ltd. hair dye, shampoo,gel etc..
SIMPLE.hair and skin care for sensitive skin.
TOPAZ. shampoo and conditioner.
KAYS PURE VEGETABLE OIL SOAP.
HOUSEHOLD PRODUCTS.
ACDO.washing powder,fabric and curtain whitener.
ATAKA.bath stain remover& kettle descaler.
HOMECARE TECHNOLOGY Ltd.shinytop& hobbrite cleaners

You can buy non animal tested products in these shops

GLASGOW CITY CENTRE

ARISE AWAKE THE GOAL IS YOURS
123 Douglas St., Glasgow

HERE'S HEALTH
73 St. Vincent St., G1

GLASGOW WEST END

GRASSROOTS WHOLEFOODS
498 Great Western Road

PURE NECESSITIES
113 Byres Road, G11

BUSHEL & PECK
1353 Dumbarton Road, G14

HEALTH TREND
102 Dumbarton Road, G11

PARTICK HEALTH FOOD SHOP
211 Dumbarton Road, G11

GREEN CITY WHOLEFOODS
23 Fleming St., G31
- will supply wholesale to food co-ops.

GLASGOW SOUTH SIDE

HEALTH FOOD CENTRE
10 Dixon Ave., Crosshill, G42

HEALTH FOOD STORE
14 Skirving Street, Shawlands G41

OUTSKIRTS AND TOWNS

THE GRANARY
12 Silk St., Paisley

AIRDRIE GRAIN & HEALTH FOODS
Hallcraig Street, Airdrie

PETER RIDER LTD.
27 Townhead St., Hamilton

HEALTH CRAFTS
62 W. Princes St., Helensburgh

GILLIES HEALTH & HOME BREW
23 Townhead, Kirkintilloch

OVER THE LAST DECADE the real cost of harsh chemical medicines toiletries and flavourings has revealed itself in the sharp rise in allergies and disturbing side effects, causing many people to seek safe alternatives. One such alternative is herbalism. Herbs grow wild all around us and are easy to grow, but you can also buy them in most supermarksts, dried. They can be used in cooking, for cosmetics and toiletries, and also help treat or prevent illness. These forms of treatment have no side effects and are not addictive. No extravagant claims are made as with notorious wonder drugs, each kind of alternative treatment work differently upon your body, either to help it regain a healthy state or to prevent illness. The alternatives to orthodox medicine include- acupuncture, massage, meditation, homoeopathy, as well as the aforementioned herbal-ism. More and more people are demanding that these forms of treatment are available on the N.H.S. If you are interested in the benifits of alternative medicine ask your local G.P. Dont be dettered by scepticism.

The following address-es may help you.....

*Complementary Health Centre. 19 Queens Cres. Glasgow.

*HerbaL Treatment Clinic. Dispensary, 244 Bath St., Glasgow.

*The Homoeopathic Clinic. 5 Lyndoch Cres Glasgow

*Acupuncturist. Sneddon ND. MBE. OA.

The Buckingham Clinic 24 Buckingham Terrace Glasgow G12.

THE NATURAL WAY

BEFORE YOU START

You could be allergic to some of the recipes, even though all the ingredients are natural. To be sure, try a patch test first. Apply a small amount of the mixture to the inside of your arm. If there's no soreness or itching after 24 hours its safe to go ahead. Make each recipe fresh unless otherwise stated.

BODY

If you're unable to use commercial deodorants, it helps considerably to eat plenty of leafy green vegetables. This is because they contain chlorophyll, which is bactericidal and has quite an effect on the bacteria which cause body odour: some of the best are parsley, watercress, radishes and lettuce (especially the darker outside leaves). If you eat a lot of these you'll find that your perspiration does not have such a strong smell.

ROSE AND CIDER DEODORANT

Don't confuse with an antiperspirant: the first cuts down the scent of sweat, the second stops you perspiring and becoming damp. This treatment is said to become progressively more effective each time you try it, and the 'vinegary' smell wears off after 10 or 15 minutes.

½ pint of cider vinegar

¼ pint of rosewater

¾ pint of boiled water

2oz parsley (optional)

1. Chop parsley finely and boil the water.
2. Pour water over the parsley and let it stand for two hours, then strain the liquid out with a sieve.
3. Pour parsley infusion into a large screw-capped bottle. Add the vinegar and rosewater.
4. Shake bottle hard.
5. Keep refrigerated when not in use; will keep for about two weeks or so.
6. To apply, dip large pad of cotton wool in the lotion and wipe over clean armpits and allow to dry. Can re-apply extra coating on top of first.

DENTAL

MOUTHWASH

1 apple

1 handful peppermint leaves – preferably fresh, but dried will do

Water

1. Pour one pint of boiling water over the peppermint.
2. Stir well, and leave to stand for two to three hours.
3. Extract juice from the apple either by using a juice extractor or by pressing the pulped fruit through a sieve with the flat of a spoon.
4. Add apple juice to peppermint water, and use as a mouthwash. Will keep refrigerated for several days in a lidded jar.

MORE TOOTHSOME TIPS

•Lemon peel rubbed on teeth takes off stains . . . nothing wrong with a light paste made of sea salt and a little water put on your toothbrush after.

To give your mouth a lovely fresh taste cut a fresh strawberry in half and rub the exposed fleshy side against each tooth in turn, not forgetting the sides of your teeth that face in. Then rinse out your mouth with cool water.

HAIR

Lentils soak up grease and dirt really well, and are a good alternative if you're allergic to the detergents used in most shampoos.

8oz dried lentils

2 pts water

1. Soak lentils overnight in the water, then simmer on the stove for 20 mins to soften.
2. Strain off excess water using a household sieve.
3. Mash lentils into a pulp using a blender or large fork.
4. Sitting in the bath to avoid mess, massage through completely *dry* hair
5. Rinse well, gently using a comb to help remove the bits.

RINSING

After rinsing your hair thoroughly, a final treatment rinse can help to bring out the highlights in your hair.

Lemon Rinse

Add a teaspoonful of lemon juice to one pint of water and use as a rinse for hair. If possible, allow hair to dry naturally in the sun afterwards.

Rosemary Rinse

Make an infusion of rosemary and use as a final rinse on dark hair to bring out the highlights and make it shiny.

FACE

Steaming is an age old way of really deep cleansing your skin every once in a while. Putting our recipes in your steaming water makes it a more specific treatment. Don't steam your face if your skin's sensitive, and even if it isn't only do it once a week maximum.

COMFREY 'N' CAMOMILE STEAMER

Benefits normal and dry complexions.

½ handful chopped comfrey leaves (dried or fresh)
½ handful camomile flowers (dried or fresh)
5 cups of water

1. Put the flowers, leaves and water into a pot and bring very slowly to the boil, stirring occasionally.
2. Remove from heat, place on a wooden board on the table.
3. Sit down at table with towel-tent over your head, close your eyes and let the steam billow round your face.
4. Stay there for five minutes, coming up for fresh air when necessary.
5. Splash face with cool water, and pat dry with towel.

For normal to oily skins, same recipe and method but add:

2 tsps crushed fennel seeds (crush with back of large spoon)
2 tsps crumbled lavender flowers (dried ones are OK)

To tighten and stimulate skin, same recipe and method as above but add:

2 tsps crushed peppermint leaves
2 tsps rosemary herb
Leave out the camomile.

To soothe slightly irritated skin, and moisturise it lightly:

Grated peel of one medium orange
2 tsps crunched fennel seeds
2 tsps chopped comfrey root

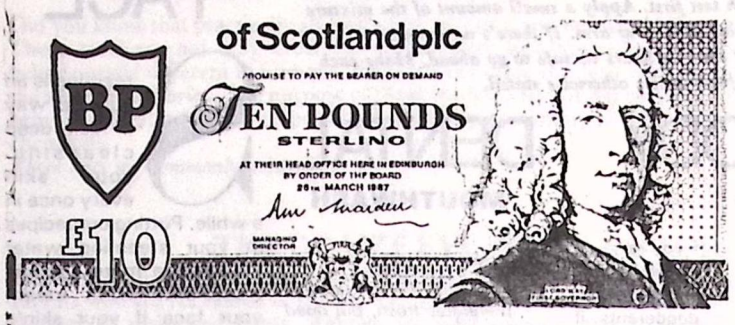
SKIN SCRUBS

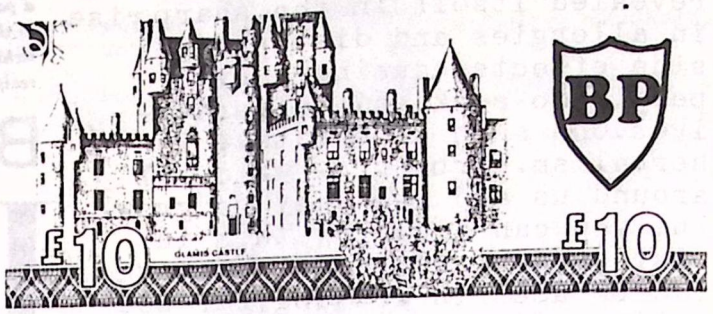
These have an abrasive effect and help to remove the dead skin cells which can make your skin look dull and dingy.

Sugar Scrub

Wet your face, then take some ordinary granulated sugar and massage gently into your skin, concentrating on problem areas around forehead, nose and chin. Rinse off and pat face dry.

BRITAIN AT IT'S BEST ?





We hear all too often people in the animal rights movement saying that we should deal solely with animals and leave 'human issues' to groups who 'deal with that sort of thing'.
Perhaps these people dont realise the unbreakable link between the oppress+ ion of both animals and humans;that they are both used and abused by the same people-the multi national corp-orations.
To show the widespread involvement of the multi-nationals in every area possible,we have chosen British Pet-roleum (BP) as an example.
Now by their name you would be led to believe that all they deal in is petrol and oil products:well you'd be wrong!BP has interests in many differ-ent fields.

FACTORY FARMING

Theyown BP Nutrition,one of Europes largest animal feed producers which supplies factory farms with over one million tonnes of animal feed each year-to fatten up animals to produce meat..BP know that (on average) for every 10 pounds of food an animal eats,it can 'produce' only one pound of 'meat'-therefore BP are wasting 9 pounds of valuable plant protein.... ..the plant protein which is often exported as grain from 3rd world countries where people are starving.

NUCLEAR POWER.....

Their dirty dealings carry down under to Australia where,along with the Western Mining Corporation,they have bulldozed their way through the Abor-iginal land in Roxby Downs,Southern Australia.The reason they have evict-ed the native people-the Kokatha-is to enable a joint uranium mining ven-ture to go ahead,unhindered.This mine is certain to cause massive radio-active polution and severely damage the environment.Waste from the mine will be stacked 30 metres high and cover an area the size of 150 foot-ball pitches.The dump will be radio-active for up to 1 million years.To justify all this damage,you think they would have a good reason for mining uranium...but what is it being used for...?
SIMPLE..fueling the neuclear power industry.

.....and WEAPONS

One of their other interests in the nuclear industry is Scicon Defence,a scientific and computer group supporting all major Ministry of Defence research establishments, and who design and develope all types of weapon systems

the AMAZON

Leaping from continent to continent we find good old BP lurking deep in the heart of the Amazon Rainforests where they have shares in the 'Carajas project' in Brazil. they plan to convert one sixth of the Amazon into an industrial zone.This area is home to nearly 13,000 Indians,who live in more than 20 reserves.These people(the ones who are not killed) will be relocated in shanti towns where poverty and disease are part of everyday life. Many of the young woman dissapear and become part of the 'sex indus+ try'.as slaves and prostitutes.
The Amazon rainforest produces ½ of the worlds oxygen supply;it is home to 'rare' human cultures:itsupports exotic plants and animals.Yet BP are endangering all of it.

VIVISECTION

BP also has a licence to vivisect-to test their products on animals-but due to the secrecy of their scientists we have no information on this area of their 'dirty deals'.

From mining,to destroying our air source, you name it, BP is always interested in making a fast buck (or two!)regardless of who has to pay.
When you look closely at the multi-national monsters you begin to see through their attractive bill board adds. and their hi-sell gimmicks: you see them for what they are-thieves and murderers who care only about company expansion-not the death and destruction which they cause while looking for profit.... BP...Britain at its best....proud of it..... .. .?????????

STRATHCLYDE HUNT SABOTEURS

FOXHUNTS NOT ONLY CAUSE UNNECESSARY SUFFERING AND DEATH TO FOXES, BUT OTHER ANIMALS INCLUDING HOUNDS, HUNT HORSES AND, QUITE OFTEN, FAMILY PETS.

During the course of a hunt, hounds are very often lost. This means that a small number of hounds may form a sub-pack which the huntsman has no control over, meaning they could kill indiscriminately or be killed themselves, e.g. they may run across a road or a railway track and be hit by a car or train. Sometimes the hunt may lose the whole pack with even more severe consequences.

Quite often when the hounds are chasing a fox they can become distanced from the huntsman who will then have trouble in the hounds (even when they are near him, he may have trouble in controlling them) The fox may run into populated areas and the pack, while on the scent, may come across a cat or dog which could be savaged to death.

Hounds also quite often chase other animals such as hares or deer. Although the huntsman will usually try to call the hounds away, he may be too late or not even be with the hounds.

On average each season 36 pups are bred for a hunt. Only 12 pups are entered into the pack, so 12 old hounds are taken out of the pack. This means that 24 unsuitable pups and 12 old hounds have to be "disposed of". They are either given to mink hunts or hunt supporters, but most are killed.

At hunts, horses with cuts and shoes off can often be seen.

The nearest hunt to Glasgow is the Lanarkshire and Renfrewshire Foxhounds whose kennels are in Houston which is about ten miles outside Paisley. Last season this hunt was responsible for the death of a hare after the huntsman lost control of the hounds. Also last season the huntsman lost control of the hounds while they were on a scent, they ran over a golf course and through gardens; luckily nothing was killed. If it had not been for the action of saboteurs, a hound would have drowned last season. This hunt has also been responsible for the killing of at least two pet cats.

Foxhunters lust for blood does not end with animals...

In a bid to deter saboteurs from denying them of a kill they can turn to violence. Hunters charge saboteurs with their horses and also whip them.

Members of the Lanarkshire and Renfrewshire Foxhounds have been prosecuted for using violence including the Hunt Secretary and a terrier man, who hit a saboteur across the face with a spade causing a multi-fractured cheekbone. Many other cases of hunt violence happen and are usually ignored by the police.

These people will go to any lengths to kill and must be stopped by non-violent direct action.

The End of a Fox Hunt.

OCTOBER '86
New Forest Foxhounds - 3 hounds killed when they crossed a railway line.

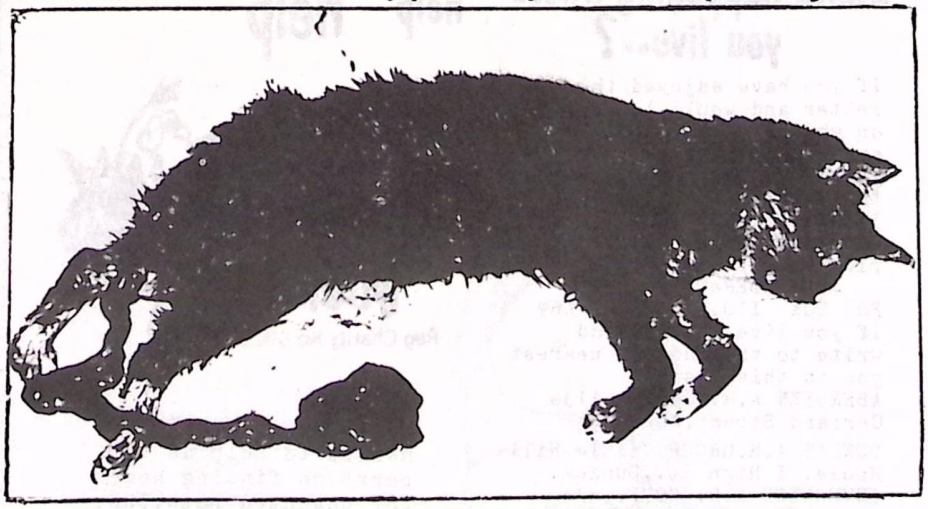
NOVEMBER '86
West Street Foxhounds - killed a cat.

MARCH '84
Hunt master and whipper-in prosecuted for causing a hunt horse to suffer unnecessarily.

NOVEMBER '86
Portman Foxhounds, Dorset killed a cat.

WINTER '86
Surrey Union Foxhunt - All on different hunts killed a pet dog, a deer, killed one chicken and injured others, and at the kennels injured one terrier and killed another which belonged to the hunt.

These are only some cases and incidents of a similar nature happen quite frequently.



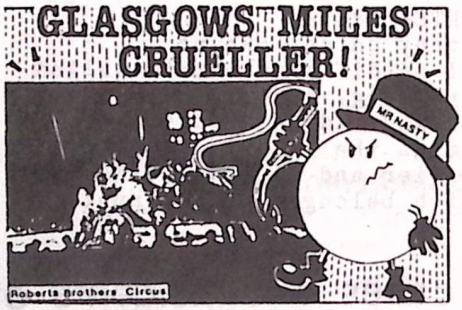
Another cat killed by a foxhunt

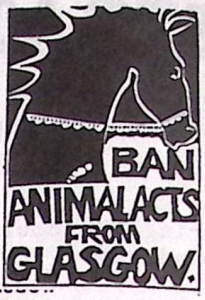
THEY CALL THIS SPORT!

Strathclyde Hunt Saboteurs aim to prevent animals from being exploited for pleasure. We also believe in educating the public about the cruelties involved in the exploitation of animals for "sport".

GLASGOW'S MILES CRUELLER!

Our campaign against animal acts being allowed to perform in Glasgow is continuing with a new leaflet and postcards directed at the council.We are working with a vegan contact within the council who has put forward the motion that animals are not allowed to perform in the Glasgow district.The motion is due to be discussed in September and hopefully it will go on to be -come a bye-law.This would stop animals being used in acts anywhere in the Glasgow district,which is more effect -ive than simply banning them from council land.
The Robert's Bros.Circus, Glasgows regular display of cruelty comes to the Scottish Exhibition Centre in the weeks around Xmas.For the last few years the V.A.G. has leafleted in the streets and at the performances,and we have succeeded in turning away at least a few customers from the'show'.
We have collected more than 11,000 signatures on a petition which states-'Ban Animal Acts....Glasgow's Miles Crueller!'
We felt it was time that the council listened to what people were saying so we held a small demonstration and presented them with a card carrying the message'the circus is not part of our city of culture!'
The card was signed by 200 citizens of Glasgow .Two group members,dressed in clown outfits,presented the card to Mr Lally-then chair man of the council-and took the opportunity to speak with him.Although he assured us that the animals in the circus did not suffer physically he accepted our point that stress and mental strain put on caged animals-together with being transported over long distances and made to perform unnatural routines, had to be considered.
Over the next few months we will keep the council aware of the feelings of those people who careabout the plight of performing animals.





Dear G.D.C.,
I demand that the use of animals in circuses and carnivals be banned from this city. Ifind this spectacle both cruel and degrading - not part of our "City of Culture"!

I await your reply.
Yours sincerely,

name _____
address _____
_____

GLASGOW DISTRICT COUNCIL, CITY CHAMBERS, GLASGOW, G2 1DU

If you would like to help there are a number of things you can do.-
-distribute leaflets and posters.
-Write to Glasgow District Council or send them one of our anti-circus postcards; encourage others to do the same..
-join in and help when we demonstrate at the City Chambers and hand in the petitions.
Most importantly, if September comes and animal acts are not banned,at Xmas, boycott the circus and explain to other people why. Hopefully they will follow your example.

PUBLIC BOYCOTT IS THE STRONGEST TACTIC THAT CAN BE USED IN DEFENCE OF ANIMALS-SO PLEASE ENCOURAGE IT!

whats happening where you live..?

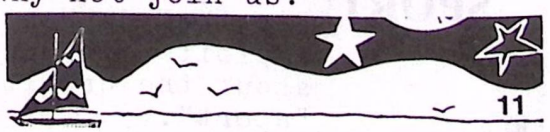
If you have enjoyed the news letter and would like info. on what is happening to animals in your own area(if you live outside Glasgow) then why not write to your 'local'animal rights group?
If you live in England please write to this address
THE FEDERATION
PO BOX IIO,LIVERPOOL L69
If you live in Scotland write to the address nearest you on this list;
ABERDEEN A,R, GROUP, 113e Gerrard Street,Aberdeen
DUNDEE A.R.GROUP.Castle Hill House, I High St.,Dundee.
INVERNESS A.R.GROUP.,c/o Paul Johnston,67 Bruce Ave, Inverness.
LOTHIAN A.R.GROUP.,PO BOX916 28b Old Dalkeith Rd.,Edinburgh EH17.
LANARKSHIRE A.R.GROUP. c/o A.McGivern,129 Cairnhill Rd, Airdrie.
PERTH A.R.GROUP.c/o Lucy Witshire,8 Inchhead Terrace, Perth PH2 8AW.

if you can help - get in touch!

help help

Funds are urgentley needed to help us to carry on finding homes for unwanted pets.They have to be given food, shelter and medical care while homes are being sought.We therefore appeal to all animal lovers to support us by sending a donation.....
DOG RESCUE,1032 Cathcart Rd.,Mount Florida Glasgow G42 9XW.
==========

FASLANE PEACE CAMP are asking people to come and witness the crimes being commited in our names behind the fence at Faslane.Here the extension for Trident is being built; the area is described as 'the largest construction site in Britain'.
On Saturday 23rd of July,the aim is to cover the 2 mile perimeter fence with poems, photos, and other objects symbolising the importance of life.
Sunday 24th of July will be a Peace Festival (in North Camp) and a Christian act of Worship.
Bus loads of people have already promised to come- why not join us?



ANIMALS IN SCHOOL

Animals are used in schools in many different ways some of which are,we believe, of doubtful legality as suffering is caused to a captive animal.

Some schools keep animals simply for observing,to show pupils how they behave. Often this will involve 'behavioral experiments', where the noise of excited voices and continual handling upsets the animal. One experiment seen is where the animal,usually a mouse or gerbil, is put in a glass tank,where,unable to grip the floor it slips and scrambles,obviously distressed.

On the practical side,as no one is given proper training in looking after the animals kept in schools,which can range from toads to mice to locusts, the schools may leave themselves open to prosecution for neglect. Technicians do not have the time or the resources to care for them and mortality rates are high, but it is cheaper to let an animal die and re-order from the supplier, than it is to employ adequate welfare husbandry, or call out a vet.

The other way animals are used in schools is in dissection-the cutting up of an animal,or part of it, to study its internal structure. Animals used are killed for this specific purpose. Dissection is included as practical work in both the 'O'Grade and Higher biology course.The neccessity of this'practical work' is debatable as many colleges will accept students for biology related courses without them having a biology higher and therefore no experience in dissection.

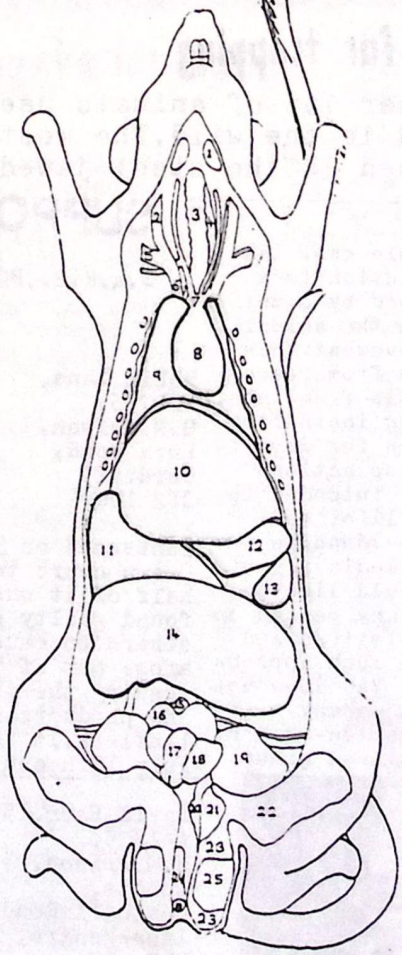
Those animals which are dissected are bought dead from a supplier.This is costly, and for an education system that is constantly having 'money problems' funds could be much better spent on audio-visual equipment and models such as the one pictured here.This would save money ,and avoid upsetting sensitive young people who do not want to cut up dead animals.Many people who are interested in biology dont choose this subject for this very reason.

In Argentina,where dissection was recently banned,the education minister responsible for the ban stated- "That biology is a life science.It is not coherent to teach at the cost of the death of other live creatures.That..it..would benumb the spirit in the face of pain,suffering,respect and life itself..and..it is neccessary to promote moral values giving priority to creation and not to destruction."

Therefore, for those people who do dissect,while learning the anatomy of the animal they are also being desensitised to the value of the animals life.They are being taught,in a round about way that animal life is trivial.

Attitudes such as this may affect the persons relationships with animals outside the lab.But if you can cut up a pregnant mouse or rat in a school lab does it not follow that you can cut up your pet....but what kind of person would do that? Animal life is made to seem so cheap that distinctions are made between laboratory and dometic animals. But would you kill and cut up your pet to see how its insides work? No? Well why any other animal?

the choice - using animals, or using models such as this one



MORE EXPENSIVE

One coat can mean the death of;
15 lynx
40 foxes
65 mink
60 rabbits
A high price to pay for one coat...

The Fur Industry is a particulary cruel and barbaric trade.It can claim the lives of 400 million animals a year.

fur factories

About 85% of animals killed for their fur come from factory farms.These animals are bred and slaughtered simply for their fur.They are kept in small wire mesh cages that very often cause foot deformities,and lead to stress.This causes abnormal behavior such as cannabilism.When their time comes the animals can be killed in a variety of ways-
poisoning, by carbon monoxide(from car exhausts) or carbon dioxide.
electrocution by electrodes fixed to jaws and ears,or inserted into anus.
barbituate injection.
neck dislocation.

fur trapping

The other 15% of animals used are trapped in the wild.The most common trap used is the steel jawed leghold trap.When pressure is applied to the plate on the trap the steel jaws snap shut on the animal;supposedly on their leg but animals have been found held by their head,tail or body.
Caught by a limb, often the animal will gnaw through their bone in desperation to be free.By the time the trapper returns the animal may have bled to death,frozen,or been killed by another animal.If not it will be shot, trampled or clubbed to death.
Although trapping is banned in Britain we still import millions of animal skins from countries where these methods are still used.

ALL THIS IN THE NAME OF VANITY AND PROFIT.

fake fur-an alternative?

As an alternative,fake fur is better than the real thing,but it also helps keep the image of fur as glamourous and fashionable alive.Thus it helps to promote the desire to own an animal fur coat.
As a Glasgow based group we have been demonstrating outside local fur shops, in the past Karters Furriers and now Lewis's Department Store,who have a small dept.under the name 'Rich Furs'. We picked Lewis's as a target for many reasons:
1. the closure of the fur dept would

SUPPORT ANIMAL RIGHTS PRISONERS

S.A.R.P.,BCM Box 5911,LONDON, WC1N 3XX. Tel 01 888 2482.

Most people know that 'direct action'is a tactic used by some people in the animal rights movement.This can range from rescuing animals from labs, to placing incendiary devices in fur departments.These actions are never intended to endanger life(and never have)despite what the media reports If you would like to write to any person on the list, letters and cards are much appreciated!The VAG does not take part in any illegal action-we are an educational group.

List of Prisoners June 1988.

Robin Lane,
WF0796,
H.M.Prison,
Knox Road,
Cardiff,
CF2 1UG.

Sally Carr,
T82342,
H.M.Remand Centre,
Pucklechurch,
Bristol,
BS17 3QJ.

Sentenced on 3/6/88 at Cardiff Crown court to 18 months in prison, half of it suspended,after being found guilty of Conspiracy to incite others to cause damage.Their charges arose out of their involvement in running the ALF Supporters Group, and production of S.G.magazines and leaflets.It is Sally's birthday on July 15th and Robin's on August 21st.

Gari Allen,
W62615,
H.M.Prison,
Winson Green Rd,
Birmingham,
B18 4AS.

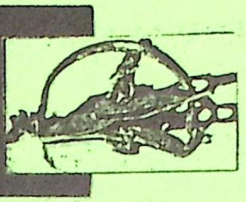
Lesley Phipps,
T82697,
H.M.Prison & YCC,
Drake Hall,
Eccleshall,
Stafford,
ST21 6LQ.

Sentenced on 6/5/88.Gari was sentenced to 2½years and Lesley was sentenced to 15 months imprisonment.They were charged with criminal damage to foxes at Cocksparrow fur farms (by spraying their fur with a harmless dye), and also conspiring to cause an 'explosion' with petrol (to damage the car of a poultry farmer).

David Barr,152/88,
A-1/35,
H.M.Prison,
Shotts,
Canthill Road,
Lanarkshire,
ML7 4LF.

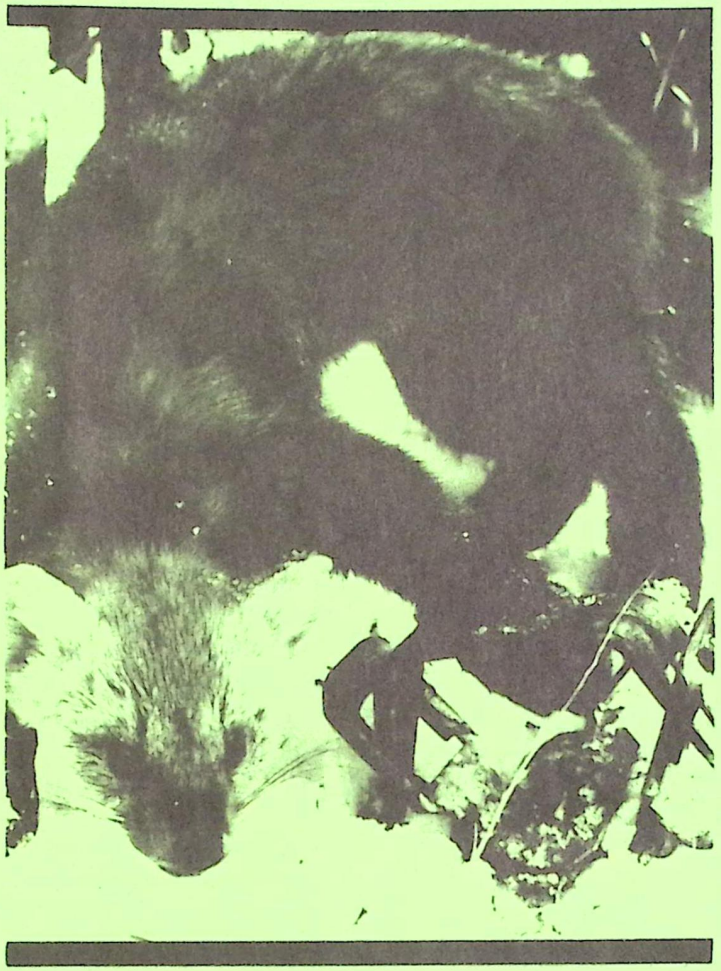
David was sentenced in March 88 to 3 years imprisonment.He was found guilty of planting an inoperative incendiary device in Jenners department store in Edinburgh,(they sell furs).He was also found guilty of conspiring to further the aims of the ALF by criminal means.
Valerie Mohammed was released on May 19th.

THAN YOU THINK?



not jeapordise the existence of the store.
2. the store is being modernised which provides an ideal opportunity to close the fur dept.
3. the store is under new management who will hopefully be sympathetic.
4. a branch of Lewis's in England shut its fur dept after an animal group mobilised public pressure against them selling fur.

We recently demonstrated outside the store as we had been told that the new managing director would be visiting on that day.He refused to speak to us, and the manager,Mr McKillop,accepted our 8000 signature petition on the stores behalf.He declined to make any comment,thus showing how little he thinks of public opinion!
All we can do is continue demonstrating to pressurise them,and hopefully when the'new'Lewis's open,Rich Furs will be gone!
If you would like to help with our campaign,please write to the manager of the store telling him you will boycott Lewis's until the fur department is removed.Hopefully this type of public pressure will help.Although the majority of the public dont agree with killing for fur, the furriers are still there ,making a profit out of uncaring people,at the expense of animals.....



the begining of a fur coat...

Andrew Clarke V50557,
Geoff Sheppard V50730,
Send letters c/o SARP and we will forward them on,as Geoff and Andrew are likely to be moved to another prison during their trial.It is Andrew's birthday on July 14th.

On remand since Sept 87,charged with conspiracy to manufacture incendiary devices and possession of various items with intent to cause damage. Also charged with arson,causing damage to the value of over £9 million to Debenhams dept. stores in Luton,Romford and Harrow in July 87. (until recently Debenhams sold fur coats in some branches,this year they claim to have stopped selling them.)

*been sentanced.Geoff 4 years,Andy 3½.No more details known.

Ronnie Lee V02682,
H.M.Prison,
Long Lartin,
South Littleton,
Evesham,
Worcs,
WR11 5TZ.

Vivien Smith,P34563,
H.M.Prison,
Cookham Wood,
Rochester,
Kent,
ME1 3LU.

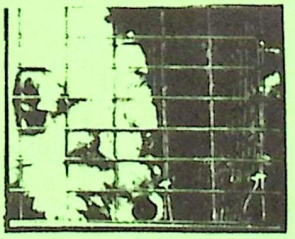
Gary Cartwright,T02960,
H.M.Prison,
Lindholme,
Bawtry Road,
Hatfield Woodhouse,
Doncaster,
South Yorks,
DN7 6DG.

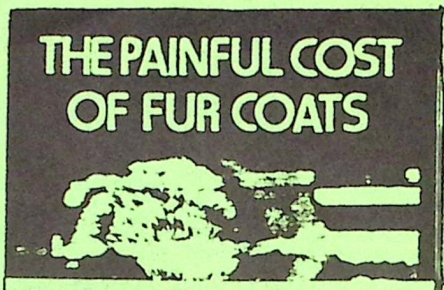
Brendan McNally was released in May.
Ronnie,Vivien and Gary were sentenced in Feb 87 at Sheffield Crown Court. The charges were;- 1.Conspiracy to commit arson, 2.Conspiracy to cause damage, 3.Conspiracy to incite others to commit damage, 4.Conspiracy to 'steal' the Ecclesfield beagles.Ronnie and Vivien's charges arose out of them running the ALF Supporters Group.Ronnie was sentenced to 10 years for charges 1,2 & 3.Vivien was sentenced to 4 years for ch 2. Gary was sentenced to 4 years for ch 1,2 &4.It is Gary's birthday on June 24th.
Please note that Ronnie does not want any religous literature sent to him.

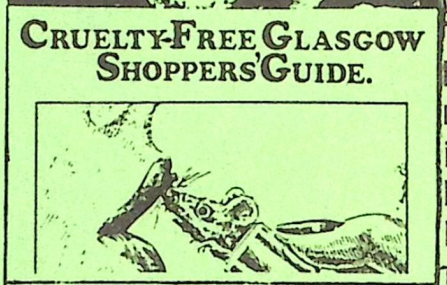
Please write to the prisoners listed to let them know they are not forgotten. Remember that ALL letters to prisoners are opened and censored so obviously don't write anything that could jeopardize future actions or someone's FREEDOM. If a senders address is not includedon a letter,the prisoner may not get it.

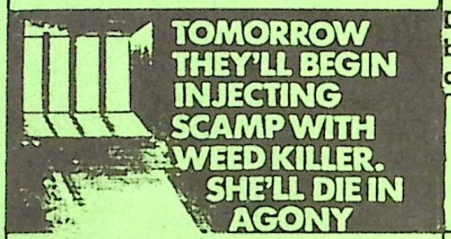
AMERICA

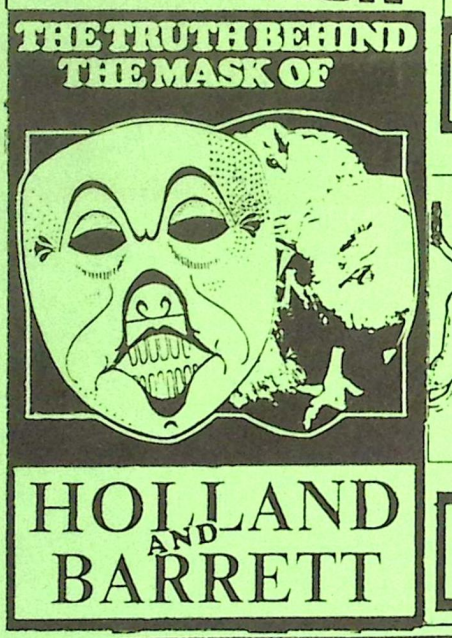
Merril D.Firching.
PO box D-12009,
Tamal,CA94974,California,U.S.A.
Originally doing 90 days for traffic offences. While inside he was told his 2 impounded dogs were to be put down, by the police .To save them he broke out, rescued them from the pound When he was caught he was resentanced to 4 years in San Quentin.

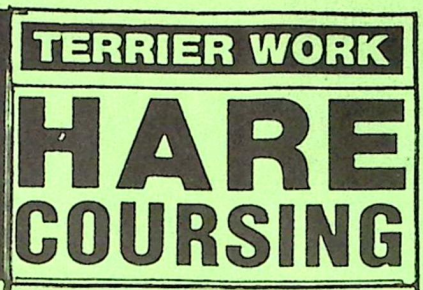


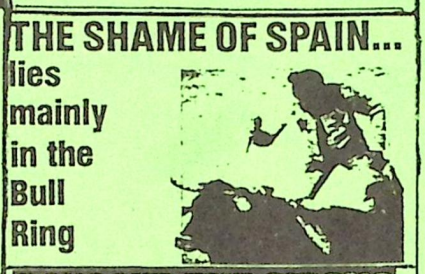


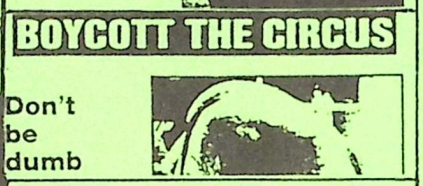


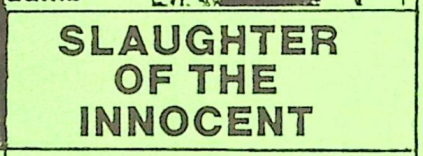


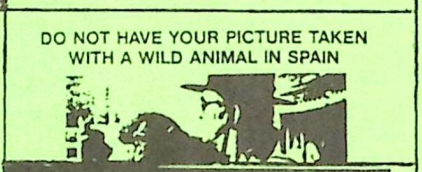


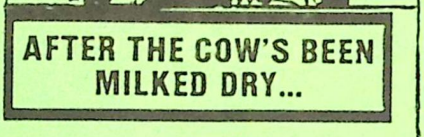


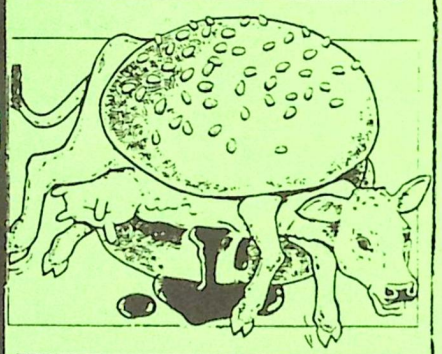


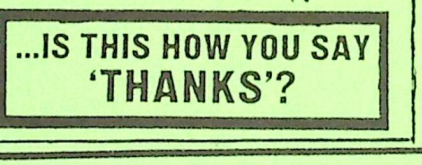


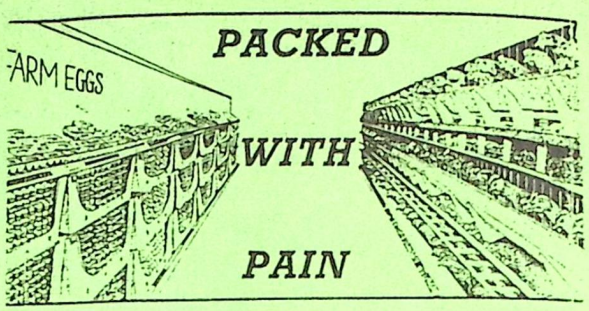












Some of the leaflets that the Vegan Action Group and Strathclyde Hunt Saboteurs print are pictured here. If you would like any they are all free, although a donation towards the cost of large orders would be appreciated.

We also print posters, such as circus, bullfight and 'boycott Wimpy and McDonalds'. Information packs for use in groups, schools, etc., can also be made up when asked for.

If you would like to help, distributing leaflets is the best way of circulating info, and we'll be glad to give you leaflets for this purpose.

The leaflet selection is constantly being updated, so there are always new ones to read. Stay in touch if you would like up-to-date info- and thanks for your help!

VEGAN ACTION GROUP

☐ Please send further information about the Group.

☐ I enclose a £ _____ donation.

☐ I wish to become a supporter of the V.A.G. I enclose a cheque/postal order for **£5.00** waged/**£2.00** unwaged.

Name .....

Address .....

..... Tel. No. .....

136 Ingram Street, Glasgow G1 1EJ

The Vegan Action Group actively opposes the exploitation and oppression of animals and humans, and ther misuse and destruction of the environment.